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U. S. Department of Agriculture

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In 3NH  
Housekeepers' Chat

Wednesday, October 1, 1930

NOT FOR PUBLICATION

Subject: "A Dinner for School Boys." Approved by Bureau of Home Economics,  
U. S. D. A.

Leaflet available: "Lamb As You Like It."

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The first of October -- and we may look forward to a month of beautiful autumn days. I am grateful to some one who wrote an editorial last month, about the seasons, "old, familiar friends."

"A touch of fall in the air," he wrote. "This means that presently the stubble will be silvered, and wild geese will be heard in the night; the trees will dress themselves as for a carnival, and rain will walk much abroad. The last asters will bend their heads to the rain, and twilight will visit the garden at an earlier hour. And yet, say what you will, there is something most gracious and kindly in the manner of the late rains. They restore lost April to us before ever the winter is here. And the cattle stand in pastures as green as those of April. It is a second springtime. There is nothing desolate in the manner and presence of fall."

". . . . . It is not true that spring alone persuades us to look toward the horizon and the hills, with a hunger we cannot quite identify. For there is fall also. And the vagabond in each of us yearns toward the season.

". . . . . Now the apples are ruddy, and along toward evening, if you listen, you will hear crickets. The year is a fiction, but the seasons -- why, the seasons are old, familiar friends of ours."

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I am in an autumn mood today -- a vagabond mood. I wish we might leave our households, you and I, and go for a stroll in the October woods. But no -- there's work to be done, and if you and I were to leave home, "play hookey," -- well, I hesitate to conjecture what might happen in our several households.

So let's curb our vagabond yearnings, and stay home. We won't have time to think about the October woods anyway, what with canning, preserving, pickling, and getting dinner.

Billy is having a guest for dinner this evening. Charles is coming home from school with Billy, and will stay all night. I'm not planning an elaborate meal -- but there must be plenty of it. A lamb stew with vegetables usually appeals to hearty boys. My menu includes: Lamb Stew with Vegetables; Baked Potatoes; Shredded Lettuce Sandwiches; Stewed Fresh Plums and Home-made cookies.





Have you served a Lamb Stew recently? I can recommend it, for these autumn days. Lamb Stew is one of the popular, less expensive dishes, which can be made from the shoulder, breast, flank, neck, or trimmings.

There are eight ingredients, in my recipe:

|                              |                         |
|------------------------------|-------------------------|
| 2 pounds lean raw lamb       | 1 green pepper, chopped |
| 2 tablespoons butter         | 1 quart water           |
| 1/2 cup sliced onion         | Flour                   |
| 3 cups diced rutabaga turnip | Salt and pepper.        |

Eight ingredients, for Lamb Stew: (Repeat).

Now we can begin the cooking. First, wipe the meat with a damp cloth. Then cut the meat into small pieces, and roll them in the flour. Melt the butter in a skillet. Then add the onion, cook for a few minutes, and add the meat.

When the meat and the onion are delicately brown, transfer them to a kettle. Add the water. Just a minute -- before you add the water, pour it into the skillet, so you'll get the full benefit of the browned fat in the skillet. Cover the kettle, and simmer for one hour. Then add the turnip, the green pepper, and the seasonings. Cook for 20 minutes longer. If the stew is not thick enough, add one tablespoon of flour, mixed with two tablespoons of cold water, and cook for several minutes longer, stirring constantly. Serve piping hot. Garnish with a little parsley, if you like.

That, along with Baked Potatoes, Shredded Lettuce Sandwiches, Stewed Fresh Plums, and Homemade Cookies, should be enough to satisfy the hunger of two husky school boys, don't you think?

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Before we leave the subject of food, I want to tell you about Betty Jane's birthday cake. Betty Jane celebrated her 10th birthday anniversary last week. Her mother baked an angel food cake for the occasion. The cake was iced with white icing, and on it, in pink icing, was written: "Happy Birthday." In the center of the cake was a small jelly glass, which just fit into the center of the cake. In the glass were six beautiful pink roses, with water to keep them fresh. When the cake was cut, the roses were given to the six dinner guests.

I must tell you about the biscuits, too. They were served piping hot, as biscuits should be. In the center of each was a bit of orange marmalade, placed in the biscuits just before they were put into the oven.

I have one question to answer today. It is from a mother who asks whether it is safe to have a child vaccinated against smallpox before he is a year old.

In answer to this question, I shall tell you what I have learned about vaccination from the United States Public Health Service. Incidentally, I was vaccinated against smallpox myself, two months ago, by a doctor in the United States Public Health Service. I was surprised when the doctor let me

1. The first part of the paper discusses the importance of the study and the objectives of the research.

2. The second part of the paper describes the methodology used in the study.

3. The third part of the paper presents the results of the study and discusses the findings.

4. The fourth part of the paper discusses the implications of the study and the conclusions.

5. The fifth part of the paper discusses the limitations of the study and the future research.

6. The sixth part of the paper discusses the significance of the study and the contributions to the field.

7. The seventh part of the paper discusses the ethical considerations of the study.

8. The eighth part of the paper discusses the practical applications of the study.

9. The ninth part of the paper discusses the conclusions.

10. The tenth part of the paper discusses the acknowledgments.

11. The eleventh part of the paper discusses the references.

12. The twelfth part of the paper discusses the appendices.

13. The thirteenth part of the paper discusses the conclusions.

14. The fourteenth part of the paper discusses the conclusions.

go, without putting a dressing of any kind on my arm.

"The best way to treat an arm after vaccination is to let it alone," explained the doctor. "Shields and other dressings which have to be strapped on with adhesive plaster are the chief cause of sore arms, because they make the sore moist and hot, and do not allow proper circulation of blood and lymph. With the tiny insertion now advocated, and without any dressing whatever, vaccinations do well."

I asked him when children should be vaccinated against smallpox.

"Before they are a year old," he explained. "At this time they have not begun to run about, and are in no danger of hitting the vaccination against hard objects, or of getting dirt rubbed into it, and they are rendered practically immune from the start. On entering school, they should be vaccinated again, for several reasons. In the first place, vaccination does not always protect for life. It requires reinforcement of the immunity in many individuals to make sure of protection against heavy exposures to smallpox. Fortunately, if the child already has an immunity, the new vaccination will not take. Instead, there will be merely a little red spot, developing for only about a day, which is known as the 'immune reaction.'"

According to the Public Health Service of the United States, there is really no need for anyone nowadays ever to have smallpox. Vaccination against smallpox, repeated in a few years, will protect against smallpox. Such great improvements have been made, since the introduction of this method, that no one should hesitate to have his children vaccinated during the first year of life. The United States government, through the Public Health Service, now supervises all the vaccine plants in the United States, and passes on foreign establishments in which vaccine is made, to make sure that the methods are correct.

Tomorrow: "Questions and Answers."

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1. The first part of the report is a general introduction to the subject of the study.

2. The second part of the report is a detailed description of the methods used in the study.

3. The third part of the report is a discussion of the results of the study.

4. The fourth part of the report is a conclusion and a list of references.

5. The fifth part of the report is a list of appendices.

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